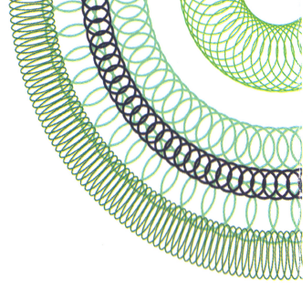


Antibacterial Dry Eye Compress

Hot and cold

Specsavers

Specsavers Antibacterial Dry Eye Compress can be used hot or cold to alleviate symptoms of dry eye, Meibomian Gland Dysfunction (MGD), and Blepharitis.

What is Dry Eye Disease? Dry Eye Disease, or dry eye syndrome, is a common condition that occurs when the eyes do not produce enough tears, or the tears evaporate too quickly. This leads to the eyes drying out and becoming inflamed and irritated.

What is Blepharitis? Blepharitis is an inflammation that affects the edges of the eyelids. It may become uncomfortable and irritating. Blepharitis is typically chronic, and both eyes are usually affected.

What is MGD? MGD is the most common form of lid margin disease. In the early stages patients are often asymptomatic, but if left unmanaged, MGD can cause or worsen dry eye symptoms and eyelid inflammation.

Usage Specsavers Antibacterial Dry Eye Compress should be used twice a day for two weeks to relieve symptoms. This can be reduced to once a day, and then twice a week as required, once symptoms have been alleviated.

Instructions for use

Three steps for good eyelid hygiene

- Heat eyelids externally by using your dry eye compress in accordance with the instructions.
- Follow the Eyelid Massage Procedure as shown in the instructions. This will allow the glands to produce oil again.
- Clean the base of the eyelashes using eyelid wipes, eyelid cleaner, or a clean tissue. This reduces the build-up of bacteria.

How to use hot

Step 1: Heating the eyelids

The Specsavers Antibacterial Dry Eye Compress must only be heated from room temperature.

To distribute heat effectively and evenly, and to prevent hot spots, shake the compress immediately after heating and before use to ensure even distribution of the beads inside the mask.

Take care when removing from the microwave. Do not overheat.

Microwave heating instructions (based on a microwave with a turntable and on full power): Lay the Specsavers Antibacterial Dry Eye Compress flat on a clean microwavable dish. Do not place directly on the turntable plate.

Rating	0-850W	Max. time	25 sec.
Rating	851-1000W	Max. time	15 sec.

Always check the temperature of the compress before putting it on your eyes by touching the heated mask to the inside of your wrist. If you feel it is too hot, wait 1-2 minutes to cool.

Once again apply to the inside of your wrist to check the temperature before applying the compress to closed eyes. Fasten the strap around your head and adjust for personal comfort. Sit back and relax for 7-10 minutes.

In the event of overheating, place the compress on a heat-resistant surface and allow it to return to room temperature. This product can cause burns if overheated.

Always allow the Specsavers Antibacterial Dry Eye Compress to return to room temperature before reheating to prevent progressive overheating. This is to prevent the compress from becoming damaged and/or too hot to use. Never exceed heating times.

Step 2: Eyelid massage procedure The objective of this procedure is to express the melted oil from the glands in the eyelid. It is important to massage correctly to ensure secretions which have been softened by the heat of the compress are removed.

- Wash your hands before you start.
- Make sure you wash your hands between massaging each eye.
- Always massage with your eyes closed.
- Pressure should be gentle but firm and massaging should not feel uncomfortable.
- Always use the pad of your index or middle finger to massage the edges of the eyelid.
- To avoid irritation, do not over massage. 3-4 times along each eyelid should be sufficient at each session.
- After treatment you may experience some blurring in your vision. The blurriness will clear within a few minutes. If it does not clear within an hour, consult your doctor

For the upper eyelid: Slide your finger in a downward motion. This is to apply pressure from the eyebrow downwards to the eyelashes of the upper lid.

For the lower eyelid: Slide your finger upwards towards the eyelashes of your lower lid.

Step 3: Cleaning your eyelids Wipe away any secretions using a specially formulated eyelid wipe or clean tissue. We have a range of eyelid hygiene products available in store. Ask our team for details.

How to use cold Your Specsavers Antibacterial Dry Eye Compress can be used cold to help reduce inflammations, sinus headaches, puffy eyes, and migraines.

1. Place the compress into a plastic bag and place in the freezer. Leave for at least two hours.

2. After freezing, remove the compress from the plastic bag. The compress is now ready to use. Apply to closed eyes until symptoms are relieved.

3. After application, return the compress to the freezer in the plastic bag for next time

If you wish to use as a hot treatment, ensure you allow the compress to return to room temperature before following the heating instructions.

Cleaning Never wash your Specsavers Antibacterial Dry Eye Compress.

Wipe clean only with a damp cloth, do not use detergent. If it accidentally gets wet, leave to air dry and then use as normal.

Clean only in accordance with these instructions.

Precautions Specsavers Antibacterial Dry Eye Compress can be reused up to 200 times. Inspect your dry eye compress at regular intervals and discard if found to be worn, damaged or if it has been repeatedly overheated.

Keep out of reach of children.
Do not use on broken or bleeding skin. For hygiene reasons the product is designed for use by one individual only.

Never share your Specsavers Antibacterial Dry Eye Compress. Do not ingest contents.

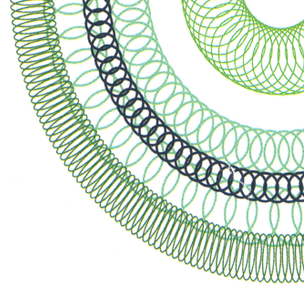
sterileyes®
ANTIMICROBIAL PROTECTION

The compress may contain latex rubber. This product should be disposed of through normal household waste.

Sterileyes® antibacterial protection reduces bacteria by 99.9%. Sterileyes is bound permanently to the fibres of our fabric to provide effective antibacterial protection against potentially harmful bacteria. Using skin friendly, patented, Polygiene® technology, Sterileyes does not interfere with your skin's natural bacterial flora.

The active ingredient of Polygiene BioStatic™ */ Sterileyes is a biocide based on silver salt/ silver chloride. The silver salt blocks the growth of bacteria and fungi in textiles. This keeps products hygienically "fresh". Polygiene BioStatic is bluesign® and Oeko-tex® Eco Passports approved and treated products can be recycled.

Sterileyes and BodyBeads® is a registered trademark of The Body Doctor Ltd and protected by patent GB2561707.



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